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Provided is a compound having at least one neutral, positive or negative increased binding energy species formed from a one-electron atom having an atomic mass of at least four and at least one other element. The increased binding energy species has a binding energy greater than the binding energy of the corresponding ordinary species, or greater than the binding energy of any species for which the corresponding ordinary species is unstable or is not observed because the ordinary increased binding energy species' binding energy is less than a thermal energy at ambient conditions, or is negative.